

CALL US TOLL FREE (800-472-8627) OR (818) 787-4701



Nordic Sauna

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**Custom Sauna Kits, Infrared Saunas, Steam Generators, Sauna Accessories,
Sauna Design & Installation + More**

OUR STORY

Nordic Sauna has been manufacturing sauna baths for over 50 years. We dry and mill our own lumber here in southern California. This approach ensures that we control the quality of the product from start to finish.

OUR PRODUCT

Our lumber is dried to an amazingly low 10% humidity at our high desert drying facility, this lumber curing method is more natural and reduces stress, cell collapse and lumber shrinkage. We also import our sauna heaters factory direct from Finland and Sweden, home of the Original saunas.

OUR EXPERIENCE

Our many years of installing saunas allows us to understand your needs when putting together contractor kits/material packages which include everything you need to build

your own sauna. We also understand the need for easy to assemble prefabricated saunas which we have been manufacturing since 1963, right here in Southern California.

OUR SERVICE

Not only have we at Nordic Sauna built sauna baths for over 50 years, we also offer all the accessories you'll need. We have everything from sauna controllers and sauna thermometer styles to sauna clocks and the right sauna heater for your commercial or home sauna.

Our pre-cut sauna kits come in a variety of sizes, from 4 x 3 up to 16 x 16. Once it's up, we have the Finnish sauna rocks you'll need, too.

If you prefer infrared saunas, again we've got you covered. We stock everything you need for either type of sauna, from steam generators and other sauna accessories to sauna bath tubs. Whether you're comparing equipment for commercial sauna rooms or you're shopping for a quality home sauna, we have the sauna equipment and steam shower equipment you'll need for the perfect sauna bath experience. We appreciate your visit today, and look forward to serving you.

Benefits of using a Sauna

Sauna bathing promotes clear, healthy skin,
and relaxes body & mind



Passive Weight Loss

Your body must expend energy (calories) to produce sweat, so a single sauna session can burn as many calories as you would jogging for 30 minutes.

Improves Blood Circulation

As your body produces sweat to cool itself, your heart works harder pumping blood at a great rate to boost circulation, supplying the conditioning effects of exercise.

Strengthens Your Immune System

Heat exposure to the skin stimulates production of white blood cells and strengthens the immune system.

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Improves Skin Tone

The profuse sweating achieved after just a few minutes in a sauna carries off deeply imbedded impurities and dead skin cells, not only leaving your skin glowing and immaculately clean, but also giving you improved skin tone, elasticity, texture and color. Sweat rinses bacteria out of the epidermal layer and sweat ducts. Cleansing of the pores improves the capillary circulation and gives the skin a soft, beautiful appearance.

Removes Toxins And Mineral Waste

Increased blood circulation stimulates the sweat glands, releasing the built-up toxins and waste that your body trapped in the fatty layers just beneath your skin.

Pain Relief For Stiff Joints and Muscles

The heat of a sauna helps peripheral blood vessels dilate, bringing relief and healing to muscles, soft tissue injuries and eliminate lactic acid and other toxins from muscles after a workout.